

FY2015 CHNA&HIP Progress Report

Fremont County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
To reduce overall percentage of obesity in students grades 3-5	1) Obtain baseline weight/BMI	Complete
	2) Provide nutritional education	Ongoing
	3) Increase the consumption of nutritious foods like fruits, vegetables, whole grains, and skim milk.	Health Fairs held at George C. Grape Community Hospital and Pella Windows with BMIs obtained, choose this not that info and healthy snacks provided. Attendance at local Halloween gatherings and sporting events have been added to further get information to the community.
	4) Review school lunch menus	Menus provided to students and families with healthy food options provided.
	5) Increase daily physical activity	Educational information sent out to schools and provided during health fairs to promote physical activity. We have a new public health nurse and she is making outreach and public education a priority and has attended several community events where nutrition and exercise information is handed out.
	6) Reduce the amount of time kids spend watching television, playing video games, and being on the Internet.	Southwest Iowa Home Health Services continues to host the yearly Day of Play for children and families throughout Fremont County in an effort to teach everyone involved alternative activities that bring families together to interact with one another in ways that support a healthier lifestyle.

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GOAL	Strategies	Progress on Strategies
To increase social skills in teens grades 7 - 12	1) Obtain baseline knowledge of the underlying issues that teens are facing.	Complete
	2) Provide activities that will teach teens how to interact in social situations.	We recently worked with Catholic Charities to implement curriculum for teens to educate on safe dating relationships, preventing violence, and growing boys into mentors. Local school systems are excited about the opportunity and we were glad to be able to make the networking connections for them.
	3) Develop and implement a county wide teen summit.	Remains in planning stages due to staff turnover.
	4) Identify community resources for teens	Working with O-5 coalition, schools within the county and surrounding counties to develop strategies to help make resources easily identifiable to teens and families.